

## NEWSNOTES

### Dedications set for Timmermann Center

Fort Dix and the New Jersey Army National Guard will dedicate the refurbished Timmermann Center to four fallen Soldiers in a Nov. 15 ceremony starting at 10 a.m. All are invited to attend.

### Topic requests sought for Town Hall sessions

The Plans, Analysis and Integration Office is seeking suggestions for topics of interest to the workforce and tenant senior leaders for the December Town Hall meetings. Specific topic suggestions may be e-mailed to [andre.mixon@dix.army.mil](mailto:andre.mixon@dix.army.mil) no later than Nov. 10.

The Tenant Town Hall Meeting is set for Dec. 4 at 2 p.m. in the Command Conference Room; the Installation Town Hall is Dec. 5 at 3 p.m. in Timmermann Center.

### Info sessions booked for new personnel system

National Security Personnel System Town Hall briefings will be held Nov. 16 at 3 p.m. and Nov. 17 at 9 a.m. at Timmermann Center. The updates on the new system and its implementation will be presented by Jack Venza, US Army Reserve Command NSPS training coordinator, and David Simms, Resource Management Directorate, USARC. All employees are strongly encouraged to attend, as this new system will affect everyone.

### Newcomers Orientation launches Nov. 19

New community members are invited to attend the next ACS Community Newcomers Orientation to be held on Thursday, Nov. 19 at Army Community Service, Building 5201 (corner of Maryland Avenue and 8th Street).

The orientation starts at 9 a.m. and ends at 2 p.m. The orientation includes a free lunch at Club Dix and a tour of Dix and McGuire to allow newcomers to see where the primary venues for support are located. Free child care is provided, but registration in advance is required. For child care assistance call the Child and Youth Services Central Registration office at 562-4702. For more information and registration please call ACS at 562-2767.

### \$30,000 Combined Federal Campaign underway

The 2006 Combined Federal Campaign is underway on Fort Dix, and donors have so far contributed more than a third of the \$30,000 goal set for the post.

The annual campaign allows donors to select charitable organizations to support during a once-a-year drive on post.

For more information on the campaign or to donate, check with the campaign representative for your organization or call Rod Martell at 562-2186.

## WEATHER

**FRIDAY --** Mostly sunny with a high near 64. Clear overnight with a low around 45 degrees.

**SATURDAY --** Partly cloudy with a chance of showers, high around 65 degrees. Showers likely overnight with a low near 41.

**SUNDAY --** Mostly cloudy with a slight chance of showers. The high will be near 52 degrees. Clear overnight with a low around 34 degrees.

**MONDAY --** Mostly sunny with a high near 55. Clear overnight with a low around 37 degrees.

# Gates on tap as SECDEF

**Jim Garamone**  
American Forces Press Service

WASHINGTON, Nov. 8, 2006 — President Bush called Robert M. Gates, his choice to be the next secretary of defense, the right man to meet the challenges facing the United States.

During a brief White House news conference today, the president also thanked Defense Secretary Donald H. Rumsfeld, telling him that America is more secure because of his service.

"America remains a nation at war," Bush said. "We face brutal enemies that

despise our freedom and want to destroy our way of life. These enemies attacked our country on Sept. 11, 2001; they fight us in Afghanistan and Iraq; and they remain determined to attack our country again.

"Against such enemies there's only one way to protect the American people: We must stay on the offense and bring our enemies to justice before they hurt us again."

The president said that Rumsfeld will remain in office until the Senate confirms Gates. Bush said the defense secretary must have the vision to see threats still over the horizon and pre-

pare the United States to meet them. "Bob Gates is the right man to meet these critical challenges," he said.

Gates, who is the president of Texas A&M University in College Station, Texas, said the war on terrorism will shape the world for decades to come. "Because our long-term strategic interests and our national and homeland security are at risk, because so many of America's sons and daughters in our armed forces are in harm's way, I did not hesitate when the president asked me to return to duty," he said. "If confirmed by the Senate, I will serve with all my heart and with gratitude to the

president for giving me the opportunity to do so."

Gates has served as a member of the Iraq study group, chaired by former Secretary of State James Baker and former Congressman Lee Hamilton. He has met with political and military leaders in Iraq. "He will provide the department with a fresh perspective and new ideas on how America can achieve our goals in Iraq," Bush said.

Bush also stressed Gates' service under presidents of both parties. "He is a man of integrity, candor and sound judgment," the president said. "He

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## Knowledge aids suicide prevention

**Jennifer M. McCarthy**  
Fort Dix Public Affairs Staff

Dying for one's country is the greatest honor a Soldier can bestow upon his or her nation. But when a Soldier dies by his or her own hands, the whole nation loses.

This month, Soldiers on Fort Dix will undergo mandatory suicide prevention training to help thwart those who may be contemplating killing themselves and to make everyone aware of the steps that must be taken to help alleviate this threat.

"We have to do our best to prevent suicide among this group of people because we are American Soldiers and we take care of our own," said Chap. (Col.) Larry Biederman at the first Suicide Prevention class held Nov. 7 at the Post Chapel.

During training, Biederman stressed that taking care of your own is particularly true in order to help prevent suicide. Individuals thinking about killing themselves normally give some indication of their intentions.

"Privates talk to privates, captains talk to captains," he said. "It is peer-to-peer all the way across the board."

According to Biederman, the acronym A.I.D. can help one remember what to do when someone is in distress and may be contemplating suicide. A.I.D. stands for Ask questions, Intervene and Don't keep it a secret.

"Talking about suicide may be the best way to stop suicide," said Biederman.

One of the keys to preventing suicide is to directly ask a person who may be suicidal if they are thinking about hurting themselves. Should the answer be yes, it is best to seek immediate help. Contact a medical doctor, get the person to the emergency room or call a member of the clergy.

Another acronym Biederman uses to remind people what to do if a Soldier is thinking about doing harm to himself or herself is L.I.F.E. That stands for Locate further help, Inform the chain of command, Find someone to stay with the person, never leave a suicidal person alone, and Expedite the situation. Help should be sought immediately.

While statistically suicide rates in the military are lower than in the civilian sector, according to the American

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Ed Mingin

## High-speed driver training rolls into Dix

Soldiers from the 245th Engineers, Oklahoma, and the 207th Army Liaison Team form Fort Bragg, spent the day at the driver training area learning vehicle dynamics, motorcade operations and evasive maneuver as part of High Risk Personal Training (HRP). Show above, the Soldiers position a car to execute special ramming tactics. Trainers of the course are from the United States Army Military Police School (USAMPS) Protective Service Training Branch.

# TLC takes over support contract

## More than 400 contract workers provide mobilization support to help Fort Dix meet its mission

**Wayne Cook**  
Fort Dix Public Affairs Staff

New company assumes installation-wide contract

Wayne Cook  
Public Affairs Staff

The CONUS Support Base Services contract has a new administrator on Fort Dix — The Logistics Company, Inc. (TLC) out of Fayetteville, N.C.

On Nov. 1, the contract rolled over to the new administrator, who is

responsible for the management of more than 400 contractors who augment base support functions, which include the Mobilization Readiness Battalion and its subordinate companies, the Joint Readiness Center, the Directorate of Logistics and many of its subordinate functions, the Public Affairs Office, Range Control, and many other activities across the installation.

The purpose of the initial contract was to relieve Reserve Component (RC) Soldiers who resourced installations for mobilization, deployment, and demobilization of RC forces during Operations Enduring Freedom (OEF)

and Iraqi Freedom (OIF). These Soldiers are assigned to garrison support units (GSU) and other CONUS Support Base organizations. Many have been mobilized for extended periods already, dramatically reducing the available manpower to support future mobilization, deployment, and demobilization cycles. The initial contract was held by Chenega Industries.

Also, an extensive review and analysis of OEF and OIF mobilization and demobilization by the Army concluded that flexible, responsive, quality services provided through contracting will ensure that adequate staffing for the mobilization and demobilization missions is maintained to support ongoing and future operations. As a result, Headquarters, Installation Management Command initiated the CSBS contract vehicle to better sustain mobilization and demobilization of RC forces by providing contractor support to perform

many of the functions of the process.

The Logistics Company is involved with the CSBS contract at other Army installations, which include Camp Atterbury, Ind., Fort Bragg, N.C., Fort Carson, Colo., Fort Hood, Texas, and Fort Stewart, Ga. Though Fort Dix is not TLC's first experience with the contract, it is the company's largest endeavor to date.

With the scope and extent of the contract, a few bumps in transition were inevitable in the process of rolling over the contract. Jim E. Stewart, Sr., program manager for TLC, and Lt. Col. Richard Edler, installation acquisition commander, see positive outlooks for the future.

The Fort Dix CSBS contract is the largest of its kind in the Army. It provides all of the contracted mobilization services in one contract. The partnership and effort of government employees

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Visit Fort Dix on the Internet at <http://www.dix.army.mil>

# Veteran's Day time for remembrance

Shawn Morris  
Public Affairs Staff

I've been asked many times why I joined the Army. Some people mistakenly assume it was for the college money, or the extra monthly paycheck.

I can explain why I decided to serve in the military with one word -- Pappy.

That's what I called my grandfather for as long as I can remember. He was better known as Harold, or as the Soldiers with whom he served a half-century ago knew him, Sgt. Walters, Company F, 310th Infantry Regiment, 78th "Lightning" Division.

Pappy -- or Pap, as I renamed him during my teenage years -- spent a good amount of time with me when I was a child, and we made the most of that time together. In between fishing trips, miniature golf outings, excursions to the Jersey Shore, and Sundays watching football, Pap talked a lot about his wartime experiences as a member of "Fighting Fox" company.

He talked, and I listened. I listened to how he began his service in the Army Air Corps, where his daily duties included giving shots and playing ping pong.

Life was good in the Air Corps. It was not to last.

I listened to his disappointment as he described how his time in the Air Corps ended and his life as an infantryman began with an arduous sea journey from New York to England.

That tempest-tossed trek turned out to be the best part of his European expedition.

I listened as he described the horrors of war, like the time he turned his weapon on a fellow Soldier who had just blown the head off a German prisoner who was begging for mercy. Sgt. Walters threatened to show no mercy himself if that Soldier ever behaved so cruelly again.

War made men into animals, Pap always said.



He wouldn't go into much detail about the torture methods used against German prisoners, but his disgust with the practice was evident. And he would always choke up when he told me about the starving German children who begged for scraps of food, or the old German women he had to order around at gunpoint who reminded him of his mother.

I also listened as he told his favorite tale, an adventurous yarn that always thrilled me as a child.

Pap's company, as the story goes, had moved out of its position during the night, inadvertently leaving him behind. When he finally awoke, it was to the sound of a German patrol walking through the area where his company had been the night before. Pap remained as still and silent as possible under a fallen tree, praying the patrol would move on without finding him. It did.

Eventually, the search was successful. Not sparing any time to explain his absence, Pap immediately guided his company commander to the ridge. Sure enough, the enemy encampment was still there. The commander thanked my grandfather, then called in an air strike on the enemy's position. Pap watched as U.S. planes swooped in and made short work of the Germans.

After what he said must have been several hours, he got up the courage to leave his shelter and endeavored to find his company. What he found instead was a large German encampment, which he spotted from atop a nearby ridge. Noting the position of the enemy camp, Pap continued his search for his company.

**This Veterans Day, we should all take some time to listen to the veterans in our lives, or to remember those veterans we've lost.**

This Veterans Day, we should all take time to listen to the veterans in our lives, or to remember those veterans we've lost. My grandfather died in 1995, leaving me with a quarter-century's worth of memories to reflect upon this Nov. 11.

Here at Fort Dix, there are more veterans than one can count. Warriors from World War II, Korea, Vietnam, Grenada, Panama, Bosnia, Afghanistan and Iraq populate this post, and all are worthy of honor and recognition. Many of them have much to talk about. All we have to do is listen.



**THE GREATEST GENERATION** -- Sgt. Harold Walters, left, served with Company F, 310th Infantry Regiment, 78th Division, in France and Germany during World War II. The photo at left was taken in Berlin in February 1946 during the Allied occupation of that city. The Soldiers of Fourth Platoon, above, posed for this photo in September 1945 while stationed in Dornberg, Germany. Walters is standing at right, next to his platoon leader.



**REMINISCENCES** -- A quarter-century after serving in World War II, my grandfather holds me as a newborn in the spring of 1970. A quarter-century later, he would no longer be with us, but I continue to hold onto the memories we created during our time together. This Veterans Day gives us all an opportunity to remember.

## — Army Reserve chief thanks veterans from past, present —

Veterans Day is not just another holiday, nor for Army Reserve Soldiers and their families. It is an opportunity for us and our families to take a moment and honor all Veterans -- Army Reserve, Active Component, and National Guard -- those who

served in either world wars, Korea, Vietnam, Desert Storm, Enduring Freedom or Iraqi Freedom.

Veterans Day was originally called "Armistice Day," in commemoration of the defeated Germans who signed the Armistice ending World War I.

That "War to End All Wars" ended at the 11th hour, of the 11th day, of the 11th month in 1918. Armistice Day was later renamed "Veterans Day" to honor those who have served in all of America's wars. The term "veteran" applies to all who that have honorably served their

country or that have served in a war zone.

For many who grew up in the aftermath of World War II, the veterans of that war will be forever remembered as the "Greatest Generation." It is their legacy that inspired many citizens to serve our country in

the wars that followed. It is from their shadows that have emerged this century's "Next Greatest Generation." And that generation continues to answer the Call to Duty in Afghanistan, Uzbekistan, Iraq, the Horn of Africa and here in the homeland, to name a few.

More than 162,000 Army Reserve Soldiers have been deployed since September 11, 2001. They serve right alongside their Active Component counterparts in this "Long War." Additionally, our Soldiers and their families continue to meet today's operational challenges, while our institution undergoes the greatest transformation since World War II.

I urge each of you to think about the debt we, and our nation, owe those veterans who

preceded us, those who earned the freedoms we enjoy today. Ever mindful of our heritage, we will maintain the trust of our countrymen. This I know, because I have been privileged to lead, observe and serve with the members of today's greatest generation.

Take time today to thank those veterans of previous wars as well as your fellow Soldiers, Sailors, Airmen, Marines and Coast Guardsmen now who protect our way of life. Take time to thank your own families and employers for their support. God Bless the United States of America, and God Bless all Veterans, past and present, who earned, and continue to protect our freedom.

Lt. Gen. Jack C. Szulz  
chief, Army Reserve

photos by Wayne Cook

### Post elementary school kids honor wounded warriors

To honor America's veterans and to commemorate Veteran's Day, the fourth graders from Debra Kerner's class at the Fort Dix Elementary School write letters each year to hospitalized veterans at the Veterans Affairs Hospital in Philadelphia, Pa. Kerner draws her inspiration for the project from her father, John Kerner, a former installation command sergeant major at Fort Dix. Command Sgt. Maj. Kerner is a veteran of World War II, the Korean War, and Vietnam. Lyndie Cox, a fourth grader at the school, created the letter of appreciation pictured at left.

## the Post

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DoD photo

## Gates tapped as SECDEF

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knows that the challenge of protecting our country is larger than any political party, and he has a record of working with leaders on both sides of the aisle to strengthen our national security."

Bush praised Rumsfeld for his almost six years of service in the administration.

"Don has served in times of great consequence for our nation," Bush said.

"Few will forget the image of Don Rumsfeld as he helped rescue workers carry the victims from the rubble of the Pentagon."

The president listed some of the secretary's accomplishments at the helm of the department. He said Rumsfeld helped shape one of the most innovative campaigns in modern warfare, driving the Taliban and their al Qaeda allies from power in a matter of weeks.

"In 2003, on my orders, he led the planning and execution of another historic campaign, Operation Iraqi Freedom that drove Saddam Hussein from power and helped the Iraqi people establish a constitutional democracy in the heart of the Middle East," the president said.

"History will record that on Don Rumsfeld's watch the men and women of our military overthrew two terrorist regimes, liberated some 50 million people, brought justice to the terrorist (Abu Musab al-) Zarqawi and scores of senior Al Qaeda opera-

tives, and helped stop new terrorist attacks on our people."

Yet, even as the U.S. military fought in the war on terror, Rumsfeld kept preparing the department for the threats of the future, Bush said.

"He developed a new defense strategy. He established a new Northern Command to protect the homeland, a new Joint Forces Command to focus on transformation, a new Strategic Command to defend against long-range attack and transformed U.S. Special Operations Command for the war on terror," he said.

He praised Rumsfeld for his efforts to create a new NATO response force, to restructure the U.S. military's global footprint and to revitalize America's efforts to develop and deploy ballistic missile defenses.

"Over the past six years, I've

## Suicide prevention

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Association of Suicidology and the Army's Center for Health Promotion and Preventive Medicine suicide is the third-leading cause of death among active-duty Soldiers in peacetime.

While there is no one "type" of person who commits suicide, married, white, male privates to specialists between the ages of 21 and 25 make up the predominance of Army suicides.

It is estimated that for every one person who succeeds in killing him or herself, 100 other people have attempted it. While there are no definite indicators to who may try to commit suicide, there are frequent risk factors. Suicide is often linked to depression or to alcohol and substance abuse. Suicidal behavior is most likely to occur when a person has experienced a stressful life event such as the death of a loved one or incarceration. Men are four times more likely to succeed in killing themselves than women, but more women attempt suicide.

According to NIMH, firearms account for 60 percent of all suicides, so having a gun in the home increases the risk of potential suicide. Evidence sug-

gests that a family history of suicide may indicate that someone has a greater potential to try to kill themselves. People who have attempted suicide in the past are also more likely to attempt suicide again.

According to Beiderman, most people who are suicidal do not want to kill themselves, they are simply in pain and see no other way out. In many cases, there are warning signs that someone is contemplating killing themselves. Some of those signs are an increased fascination with death and suicide, comments about feeling helpless, depression, loss of interest in activities or friends, trouble sleeping or eating, visiting or calling people to say goodbye and giving away prized possessions and putting affairs in order. Being aware of these signs and acting may help prevent a suicide.

"Anyone may be in the position to save a life," Beiderman said.

"We need you (Fort Dix Soldiers and civilians) to be the eyes and ears. It is the only way we will ever know, and the only way we can take care of our Soldiers and do suicide prevention," he added.

relied on Don Rumsfeld's advice and counsel. I've come to know his character and his integrity," Bush said. "As the secretary of defense, he has been dedicated to his mission, loyal to his president, and devoted to the courageous men and women of our armed forces."

Rumsfeld thanked the president for his praise and for the opportunity to serve in the Defense Department again.

"I must say that it's been the highest honor of my life to serve with the talented men and women of the Department of Defense, the amazing men and women, young men and women in uniform," the secretary said. "It's a privilege. And their patriotism, their professionalism, their dedication is truly an inspiration. They have my respect. They will remain in my prayers always."

## Police Log

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of 30 Oct-5 Nov 2006.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live or work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP# stands for Checkpoint Number.

- During a credential check of a vehicle attempting to enter the installation via the Wrightstown gate, it was determined that the operator, a soldier assigned to Ft Dix, was under the influence of alcohol. The subject was transported to the police station for processing and the vehicle towed from the scene.

- Police responded to a traffic accident at the Shoppette. Investigation revealed that a vehicle operated by a retired military member was backing from a parking space and struck another vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

- Police responded to a vehicle accident at the intersection of New Jersey Avenue and Summerville Road. Investigation revealed that a vehicle operated by a soldier assigned to Ft Dix had struck a deer.

- Police responded to a training incident in Tac 13C. Investigation revealed that a vehicle operated by a soldier, NAFD, struck another vehicle during a training scenario. There were no reported injuries.

- Police and fire department personnel responded to a carbon monoxide alarm in the Garden Terrace housing area. Investigation revealed the alarm was faulty.

- Police responded to a traffic accident on Ft Dix Road. Investigation revealed that a vehicle operated by a civilian, NAFD, struck a deer. The vehicle was towed from the scene.

- Police, Fire Department, and medical personnel responded to a vehicle accident at the intersection of Range and Cookstown Roads. Investigation revealed that a vehicle operated by a civilian, NAFD, failed to yield and struck another vehicle. The operators were transported to VMHBC for evaluation.

- During a routine traffic stop on Lewistown Road of a vehicle operated by a Ft Dix civilian contractor, it was discovered that a passenger in the vehicle had two outstanding warrants from Westhampton Township. The vehicle operator was released and the passenger turned over to the custody of Westhampton Township Police.

- Police were notified of a traffic accident in the parking lot of Building 5434. Investigation revealed that a vehicle operated by a soldier assigned to Ft Dix had been struck by an unknown vehicle while parked and unoccupied.

- Police responded to a verbal altercation in the Garden Terrace housing area. Investigation revealed that the occupants had a verbal dispute that did not escalate into violence.

- Police responded when notified of a possible physical altercation between two civilian employees at Watson Hospital, building 5250. Investigation revealed that two employees had a disagreement on a work related issue, and one individual struck the other causing injury. The victim was treated at the scene, and the subject was transported to the police station for processing. After complaining of pain in his side, the subject was transported via ambulance to VMHBC. After treatment, he was escorted back to the police station where he was cited and issued a letter of ejection.

- Police responded to a traffic accident at the intersection of Range and Cookstown Roads. Investigation revealed that a vehicle operated by a civilian, NAFD, struck the rear of another vehicle at the stop sign. There were no reported injuries.

- Police responded to a vehicle accident on Ft Dix Road. Investigation revealed a vehicle operated by as civilian, NAFD, drifted off the road, striking a guardrail and utility pole. There were no injuries reported and the vehicle was towed from the scene.

- Police responded to a report of an unattended vehicle on Range Road. The owner, a civilian NAFD, was contacted and stated she had been driving home from a bar, but did not remember leaving the vehicle and walking home.

- Police responded to a verbal altercation in the Garden Terrace housing area. Investigation revealed an NCO, assigned to Ft Dix, and his spouse had a verbal dispute that did not escalate into violence. Police later responded to the same residence for another dispute. For the safety of all involved, the sponsor was released to the custody of his unit. Investigation continues.

- There were 20 expired identification cards confiscated during the period.

- There were 18 Magistrate Court Citations issued for moving violations. DWI incidents are now at 29 for the year.

### UNITED COMMUNITIES

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# Weigh To Stay program offers unique take on daunting task

Shawn Morris  
Public Affairs Staff

The secret to staying thin and fit really is no secret at all. The right combination of healthy eating and exercise will lower the body fat and raise the spirits of almost anyone.

Anyone, that is, who hasn't been wounded or injured while serving in the military and is temporarily -- or permanently -- unable to perform at peak capacity.

With these wounded warriors in mind, Maj. Ann Hall, 2290th U.S. Army Hospital, taught an abbreviated version of the Army's "Weigh To Stay" program to troops in Fort Dix's medical-hold company and other Soldiers.

For the injured Soldiers of Charlie Company who can't exercise at a normal level -- or perhaps not at all -- maintaining a healthy weight can be a daunting task, according to Hall. For them, caloric intake must be reduced even more than for the average, active Soldier.

However, as Hall noted, the greatest achievements in life are often the most difficult to obtain.

"If something is worth something, you've got to work at it," she said.

In addition to working harder, it also helps to work smarter. Achieving that end was one of Hall's main goals.

"I think awareness is part of it," said Hall of the problem many Soldiers have when trying to maintain a weight that is both healthy and in accordance with Army standards.

For Hall, the two main culprits that lead to excessive weight gain for many Soldiers are high-calorie beverages and overly large portions. Just by switching to non-caloric beverages and limiting portion size, many Soldiers could begin to see positive results, she said.

"If they could make that adjustment, and



Shawn Morris

**WAY TO GO -- Maj. Ann Hall, a registered dietician with the Army Reserve's 2290th U.S. Army Hospital, teaches the "Weigh To Stay" program to Fort Dix Soldiers Nov. 3. Hall is displaying one of the worst culprits of unwanted weight gain -- a bottle of fruit juice.**

not add calories from somewhere else, they're going to start to lose weight," explained Hall.

Sugary beverages and large portions are deceptively dangerous, unlike obvious weight-control pitfalls such as cookies, cakes and candy. Many Soldiers may not even realize that that glass of orange juice with breakfast or those two pork chops at supper are actually helping to pack on the pounds.

It's even more difficult for troops who have been deployed to places like Iraq or Afghanistan, where difficult work schedules and high temperatures warrant the intake of high-calorie foods and sugar-replenishing fluids. Once the Soldiers return home, however, it can be hard to switch back to a civilian- or garrison-type diet, explained Hall.

The Weigh To Stay program is broken into three parts. The first is Nutrition Basics, which explains how calories and weight loss works, dispels many nutrition myths, warns against potentially harmful fad diets and dietary supplements, and advice on accurately reading nutrition labels on foods.

Part two, Dining Out, offers good and bad scenarios for eating in various types of restaurants, including Asian, Italian, Mexican and even fast food. The final section, Physical Activity, explains the basics of cardio respiratory fitness, muscular fitness, flexibility, and avoiding injury.

Although the program usually takes weeks to complete, Hall's hour-long version offered Soldiers a primer on good nutrition and exercise. If Soldiers or units would like to engage in such a program, all the relevant material is contained in Army Regulation 600-9.

There are also several Web sites that Hall recommends for interested Soldiers:

- [www.hoahdhealth.com](http://www.hoahdhealth.com) -- The Army health promotion and wellness site, specifically designed to address the force health protection and readiness requirements of the Army, particularly its Reserve Component.

- <http://chppm-www.apgea.army.mil/dhpw/> -- The U.S. Army Center for Health Promotion and Preventive Medicine site, designed to provide health promotion products and services that will maximize health, fitness and readiness, and enhance the efficiency and productivity of Soldiers.

- [www.mypyramid.gov](http://www.mypyramid.gov) -- The MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, use the MyPyramid Plan box. For a detailed view, use MyPyramid Tracker.

- [www.acffitness.org](http://www.acffitness.org) -- The American Council on Exercise site, committed to enriching quality of life through safe and effective physical activity.

- [www.acsm.org](http://www.acsm.org) -- The American College of Sports Medicine site, which promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

Hall and her Army Reserve unit were at Fort Dix this past weekend for Warrior Task Training and weapons qualification. She usually spends her monthly Battle Assemblies at Walter Reed Army Medical Center in Washington.

Hall taught the class voluntarily, sharing her years of experience as a registered dietician with the Army, and a licensed dietician and certified diabetes educator in the civilian world.



Sgt. 1st Class David Moore

## Home on the range

**Keith Thomas, Fort Dix Range Control, operates Range 35/36 for the kick off of a new training year for the Reserve component military. On Nov. 4 and 5, more than 5,000 Soldiers were on Fort Dix ranges and most of them were conducting basic weapons qualification.**

## TLC takes over contract

(continued from page 1)

ees and contractors have worked hard to ensure a seamless transition to the new contract," said Edler.

"A lot of hard work and planning were done in order to make a smooth and seamless transition from one contractor to another. Team TLC is focused and will remain focused in order to provide continued and quality service to our customer, Fort Dix. Team TLC is comprised of the primary company, TLC, and three subsidiary companies -- Serco, ITT Industries, and EPS," said Stewart.

Although a lot of work and planning has gone into the contract changeover, there are still issues being worked.

As always, communication plays a vital role in the process. With customer service in mind, it should only be a short period of time before TLC has worked out the issues that some of the customers still face and the mission at Fort Dix continues to move forward.

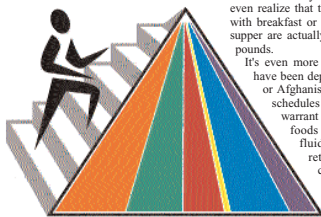
## Holiday party mixes pines with privateers

Pirates Holiday Fling 2006 will be held Dec. 8 from 11:30 a.m. to 4:30 p.m. at the Griffith Field House.

In addition to the meal, there will be prizes for the best-dressed pirate, a 50-50 raffle (pirates must be present to claim the booty), and dancing with other pirates.

Tickets are \$10 per pirate and can be picked up from the following points of contact: Dale Davis at headquarters (2-2554), Vevery Wakefield at

PAO (2-4036), Karen Currin at Jag (2-2381), SGM Chin at MRB (2-3996), Dolly Grzegorek at DOIM (2-2286), Leslie Pelegan at DPS (2-2858), Vera Borum at DPW (2-3255), Sandy Homer at DOC (2-4252), Marcia Goose rep for DPTMS/LOG/OPS (2-2756), Rita Grmek at RMD (2-2621), Ed Vannozzi at HRM (2-4355), Kelly Cezar at DMWR (2-3881), and Jennifer Simmons for CPAC (2-2211). Happy buccaneering!



Steps to a Healthier You



# NEIGHBORHOOD

## THE CORNER

### Post Thrift Shop ready for holiday shopping

Visit the Fort Dix Thrift Shop for all your clothing, household and gift-giving needs! We have a great line of new tile coasters, magnets, greeting cards, and jewelry that are perfect for those last minute gifts or to begin your Christmas shopping.

Of course, we continue to take consignments and graciously accept donations. Our regular business hours are:

• Tuesday and Thursday from 10 a.m. to 2 p.m.

• First Wednesday from 4 p.m. to 8 p.m.

• First and Third Saturdays from 10 a.m. to 2 p.m.

Call 723-2683 for more information.

### Officers Association to hold Career Boot Camp

Active-duty military spouses and family members are invited to attend a free Career Boot Camp - to assist those who are preparing to enter or reenter the workforce - Nov. 4 from 9 a.m. to 3 p.m. at Henderson Hall in Arlington, Va.

The Military Officers Association of America (MOAA) is sponsoring this free Career Boot Camp, designed to prepare the military spouse with the information needed for a successful career search.

Those interested can register at <https://www.operationhomefront.net/moaa-form>. Pre-registration is required as space is limited. For more information, call (703) 614-6828 or e-mail [moaaspouse@moaa.org](mailto:moaaspouse@moaa.org).

### Men's Issues meeting to address cultural topics

Cultural Differences of Men will be the topic during the next Men's Issues meeting at Chapel 5 Nov. 13 starting at 6 p.m.

Come talk or listen to equal opportunity representatives. All are invited, and child care can be arranged by calling 562-2767.

For more information, call Capt. James Marques at (603) 819-9022.

### ACS to host weekly parenting seminar

Army Community Service will host its Parenting During the Early Years program Nov. 14 from 6 to 8 p.m. in Bldg 5201 Maryland Avenue. Join parents of other young children to discuss child growth and development, discipline strategies, and positive communication.

### Native American food show coming to Club Dix

In recognition of Native American Heritage Month, "Native American Foodways" - part of the Food History Lecture and Slide Series - will be held at Club Dix Nov. 15 from 11:30 a.m. to 1 p.m.

Susan Plaisted, noted local food historian, will explore the foodways of the Eastern Woodland Indians (Lenape, Iroquois, Wampanoag, etc.) with visuals of the firing of the clay pots and use of the resources of the land and gardens for food.

The event is free. Buy lunch at the club or simply join us in the ballroom for this interesting slide show presentation. Call Denise Horton at 562-4011 with any questions.

### IRS looking for special agents

Interested in a career with the Internal Revenue Service Criminal Investigation Division? Attend the IRS Criminal Investigation "Open House" Nov. 16 from 2 to 6 p.m. at the Springfield office located at 955 South Springfield Avenue, just south of U.S. Route 22.

Special Agents will be on site to answer questions and provide information pertaining to this position, as well as the entire application process. Candidates who decide to apply will also have the opportunity to do so online during this event.

Wayne Cook  
Public Affairs Staff

Nov. 6 was a special day for the students and faculty of the New Jersey United Christian Academy in Cream Ridge. The students, staff and guests gathered in the school's auditorium to participate in a program that had been organized to pay tribute to veterans in commemoration of Veterans' Day.

The program began with the colors being posted by the McGuire Air Force Base Honor Guard, followed by a presentation of the Pledge of Allegiance, word-by-word, with short descriptions for each word's connotation.

The individual flag of each branch of service was then posted, and as each one was announced the students erupted in such applause that you would have thought that their favorite movie star of singer had just entered the room.

Deanna McCarty, a senior at the school, then delivered an explanation for the origin and meaning of Veteran's Day - originally Armistice Day. She shared how a bill in Congress was passed to change the original holiday, Armistice Day -- which marked the official end to World War I on the eleventh day of the eleventh month at the eleventh hour -- to Veteran's Day in order to pay tribute to all veterans, past and present.

The students and guests were then taught a bit of tradition as Carol Robinson of Jacobstown read them the story "America's White Table" by Margot Theis Raven, which tells of a family's encounter and tradition of setting up a table to remember those military members who were lost or are missing-in-action from wars and conflicts of the past.

As Robinson read the story a friend



of hers, Dana Zegarski, a home-schooled student, set the little table one item at a time while the purpose of each item was described.

Robinson then shared a video of her son, Marine Sgt. Andrew Robinson, who served in Iraq in support of Operation Iraqi Freedom. It began with pictures of his unit doing the things that Marines go through during war, and then moved on to show Robinson's humvee that was hit by an improvised explosive device one day. The entire vehicle was demolished except the seat in which Robinson was seated. The other three members of his patrol perished in the explosion, but by some miracle Robinson was spared.

The film then went on to show

photos by Wayne Cook

**UNITED FRONT -- Sam Lee, above left, Sang Hoon Kang, behind the flag, and Jun Hee Kang, above right, perform the flag-folding ceremony for those attending the New Jersey United Christian Academy Veteran's Day program Nov. 6. Dana Zegarski, a home-schooled student, left, sets the Missing-Conrade table.**

Though his body has been broken, his spirit definitely has not, and the students offered tremendous applause on his behalf.

The next portion of the program was set aside to recognize all military members in the auditorium - from the past and present. Once again the students burst into loud and nearly uncontrollable ovation for each member.

"It was really nice to have a ceremony for the heroes who have served and fought for our country," said Alexandra Stillwell, a freshman whose father, Earl Stillwell of Mansfield, is a veteran Soldier who served in Vietnam.

Another highlight of the program was when students, dressed in uniforms of the different military branches, past and present, performed a flag-folding ceremony. One student read the meaning for each fold while the rest of the detail performed the ceremony. Once the flag was folded, a recording of Taps was played as everyone in the auditorium stood in silence.

To close the event, everyone joined in singing "God Bless America," and were invited to share in refreshments.

"The New Jersey United Christian Academy Veteran's Day program awakened my patriotic spirit and restored my love for those who stand ready to defend the liberties we are blessed to have in America," said Donna Sanchez, a sign language teacher at the school.

"Afterward, I couldn't help to think that if every classroom in America would read aloud the book about the 'white table' a revival of patriotism would break loose in our youth. If that were to happen, who knows, perhaps the right mindset of honor, respect, bravery, and courage would spring forth a desire for duty - which may dissolve murder and gang uprisings in our schools," Sanchez added.



Jennifer M. McCarthy

## Kindergartners cull kudos

The kindergarten class at the Fort Dix Child Development Center held a food drive Nov. 3, during which students were able to collect enough food to fill several baskets. Bobby Brown, in black, accepted the food donation on behalf of Army Community Service. The CDC students are Joseph Antonelli, Robert Antonelli, Michael Blackwell, Jamie Carmichael, Sophie Casciano, Jace Gately, Jovan Gonzalez, James Gregg, Deashjah Jordan, Nicole Khayyam, Cheyenne Pope, Kiara Waldo, Hailey Wallace, Kendra Ward, Marquis Williams and Gabriella Smalls. Their teachers are Lutricia Bellamy, in red, and Joyce DiMatteo, in green.

## Volunteers log in time during Day of Caring

Capt. Kim Jung, Alpha Company, installs a biolog along the shore of Dogwood Lake during the Fort Dix Day of Caring Nov. 3. "It will prevent erosion of the bank," said Roger Smith, Fort Dix Environmental Division. This was just one of many Day of Caring projects carried out by Team Dix volunteers. Others included lawn care, building maintenance, toy cleaning, and making Comfort Kits for mobilized Soldiers.

Ed Mingin



# MILITARY MATTERS

## Bullets

### Army Emergency Relief offers scholarships for Army spouses

● Army Emergency Relief (AER) is expanding its Stateside Spouse Education Assistance Program (SEAP) in the United States to include the spouses of retired Army Soldiers and the widows(ers) of Soldiers who died while in the retired status.

The Stateside SEAP is a need-based education assistance program designed to assist Army spouses in furthering their education to afford them increased occupational opportunities.

Financial assistance is provided as a grant that is awarded based on financial need, as evidenced by income, assets, family size, special financial obligations and circumstances, with a maximum amount in the upcoming academic year of 2007-2008 being \$2,700.

The scholarships are awarded annually for up to four academic years to attend post secondary school full time as undergraduate-level students. Second undergraduate or graduate-level courses are not included.

Applications are now available for downloading on AER's Web Site, [www.aerhq.org](http://www.aerhq.org); at AER sections; or by mail from HQ, AER. Please read the Instructions carefully before completing the application.

Soldiers serving under Title 10 must provide a copy of their mobilization orders placing the Soldier on active duty for the entire academic year.

The deadline for receipt of complete applications for the upcoming academic year is March 1, 2007. Mailed applications and supporting documents must be received or postmarked by March 1, 2007, or earlier to be considered on time.

Additional information on this new program may be found on AER's Web Site within the Army Emergency Relief Officer's Reference Manual (Education); at AER Sections; or by e-mailing Diann Evans at [diann@erhq.org](mailto:diann@erhq.org).

### AAFES, public can help troops call home this Veteran's Day

● DALLAS – The Army & Air Force Exchange Service (AAFES) is partnering with the American public to bolster the morale of tomorrow's veterans this Veteran's Day through the "Help Our Troops Call Home" program.

"While we salute the contributions of those who went before us, we should also acknowledge those serving on the battlefields of Iraq and Afghanistan today," said Chief Master Sgt. Bryan Eaton, AAFES' Senior Enlisted Advisor.

"It's important every American knows that phone cards once only available to those in uniform can be ordered by anyone and sent to Soldiers, Sailors, Airmen and Marines who find themselves far from home," he added.

With rates as low as 19 cents per minute, AAFES' 550-Unit Military Exchange Global Prepaid phone card, available at [www.aafes.org](http://www.aafes.org) or toll free at (800) 527-2345, can provide more than three hours of talk time from Operations Enduring and Iraqi Freedom to the United States. To date, this effort has provided more than \$4 million in free calls.

"There's never a shortage of eager troops waiting to sit down and connect with home through one of AAFES' 70 phone centers in the contingency theater," said Eaton. "In fact, just last month, troops on the front lines of the Global War on Terrorism spent more than 10 million minutes on the phone with loved ones missing the home front."

Organizations, businesses and individuals can log on to [www.aafes.org](http://www.aafes.org) and click the "Help Our Troops Call Home" link or call 800-527-2345 for more information on Military Exchange Global Prepaid phone cards.

## Army increases weight limit for females, standards remain same

Michelle L. Gordon  
Army News Service

WASHINGTON, Nov. 3, 2006 – Weight limits for female Soldiers have changed to incorporate current research regarding differences between male and female body types.

The change allows most females to weigh 5 to 19 pounds more under Army Regulation 600-9, "The Army Weight Control Program," which establishes guidance for body-fat standards within the Army.

The previous version of the regulation was last updated 17 years ago.

"Training NCOs were telling us they had been needlessly taping female Soldiers," said Hank Minitrez, public affairs officer for the Army G-1 Human Resources Policy Directorate.

"It seems women were failing the weight portion of the test, but they were well under the maximum body-fat percentage allowed for their age group. In fact, we found that more than half of all female Soldiers who were taped did not need to be."

A team of Army and civilian physicians and scientists was appointed to find a better way to measure body fat in women, who carry weight differently than males, Minitrez said.

"We took their findings and changed the screening weight table for female Soldiers. The screening table weight is the maximum you can weigh before you have to be taped or tested for body-fat percentage," he said.

Instead of being taped at the wrist, forearm, neck and hips, females will now be taped around the abdomen, neck and hips.

"Measuring the abdomen will give a more accurate portrayal of a female Soldier's body-fat percentage," Minitrez said. "We don't want fat Soldiers, we want fit Soldiers. The tape test is still going to help determine body-fat and fitness levels compared to lean muscle-mass levels."

Repercussions for Soldiers failing to meet Army weight standards remain unchanged. They will still be enrolled in the Army Weight Control Program, through which Soldiers seek counseling from a nutritionist on eating properly and incorporating exercise into their daily routines. They must also receive a blood test from their local military treatment facility to rule out any medical problems.

Enrollment in the program does not prohibit a Soldier from deployment, but it does prevent positive actions such as awards or attendance at professional development schools.

"The program is designed to assist Soldiers in creating a healthy, fit lifestyle that the Army requires in a time of war," Minitrez said. "We want all of our Soldiers to be Army Strong."

The revised AR 600-9 was published Sept. 1 and implemented Oct. 2, but Army leaders decided to give active-duty and reserve-component Soldiers a

six-month transitional period. March 31 is the mandatory effective date.

"This revision didn't happen overnight," Minitrez said. "Researchers have been working for at least a decade to determine if current systems of measuring body fat were the best systems out there. Research is always ongoing and the Army, just like any other agency, has to keep evolving and using the latest data available – whether it's with equipment, technology or in this case, medicine."



courtesy photo

### Shofar, so good

Chap. (Col.) Ira Kronenberg, deputy installation chaplain, blows the Shofar (ram's horn) after the Yom Kippur service he held in Iraq in September. Kronenberg continues to travel to the war theater to provide services for American Jewish Soldiers during the High Holidays. He is slated to return to Iraq to celebrate Hanukkah with the troops in December.

NCO Call at Club Dix  
Wednesdays at 6 p.m.



# Lodging chief corrals plum assignment in Belgium

Steve Snyder  
Public Affairs Staff

The chief of lodging here bade Team Dix a fond farewell at a luncheon on Nov. 1 at Club Dix. And while tears welled up in a few eyes their effect was greatly diminished because everyone knew William A. Cook Jr. was going on to a plush, new assignment that in no way resembled the salt mines of some arid wasteland or monsoon-infected jungles of a backward civilization.

No way.  
Cook, instead, is bound for Mons, Belgium, where he'll assume the title of General Manager of Hotel Le Maisieres, consisting of one main building and several small lodges serving members and guests affiliated with the Supreme Headquarters Allied Powers of Europe (SHAPE).

Cook leaves on or about Nov. 20 and, with 17 years accumulated in civil service, says he expects to retire following three to five years at his new post, conveniently located just an hour and a half from Paris.

But "Fort Dix has been great" and Cook has no intention of erasing memories of his 17 years here.

Others share those memories. "I am going to miss Mr. Cook immensely!" admits Denise Sutton, Cook's assistant at lodging and his designated successor.

"I would like to personally thank him for all he has done for me and all his employees at lodging," Sutton says. He has been a great asset to Fort Dix lodging and to the community as a whole."

"He will be truly missed by everyone!" Sutton concludes.

According to Sarah Johnson, director for Moral, Welfare and Recreation, "Bill is a good leader. He leads by example. I never had to worry about a task being completed when he was the one completing the task. I would ask for a report and I in return would receive a binder with tabs and outlines, very organized."

"I am very proud of knowing and working with Bill and his accomplishments at lodging," Johnson says.

She sees nothing but bliss for



Veverly Wakefield

**LAST HURRAH** -- William A. Cook Jr., chief of Fort Dix's Lodging Division for the Directorate of Morale, Welfare and Recreation, accepts kudos at his farewell luncheon Nov. 1 at Club Dix as his assistant (and successor) Denise Sutton, left, looks on. On the right, Cook scrambles to take care of business before departing to his new assignment at Mons, Belgium, managing the Hotel Les Maisieres, which serves VIPs and others from the Supreme Headquarters Allied Powers of Europe (SHAPE).

Bill on his professional horizon. "He will be very successful because he will take the same dedication with him to Belgium and (he) will be truly missed (at Fort Dix)."

Cook combined top-of-the-line customer service with financial acumen and overtime hours to build a lodging juggernaut here, sufficient to earn him the Army and FORSCOM's Lodging Manager of the Year honors for fiscal year 2002.

While the Training Management Division of Fort Dix's Directorate of Plans, Training, Mobilization and Security (DPTMS) handles housing for units training as bulk entities on post, Cook's Lodging Division is responsible for everyone else including select troops on temporary duty (TDY), families undergoing a permanent change of station (PCS), Reserve Soldiers attending weekend drills (most Soldiers have the option of using the basic billeting provided by their units or can pay for something fancier in the Lodging Division). Soldiers on annual training (AT), an increasing number of Navy Reservists, and visitors taking advantage of the relatively luxurious Doughboy Inn.

The architect of Fort Dix's

lodging machine was born Dec. 15, 1947, in Vandergrift, Pa., about 30 miles north of Pittsburgh. The young Cook entered the Air Force a year after graduating from high school in 1965.

After completing basic training at Lackland AFB in Texas, Cook became a fuel specialist, pumping gas into airplanes at Eglin AFB in Florida.

In July 1967 he volunteered for a year in Vietnam.

Stationed at Toy Hoax AFB near Cam Ran Bay in South Vietnam, Bill recalls working at a fuel depot 16 hours on followed by 32 hours off. He says his base was a secured area but remembers "snipers firing on our base camp all the time." Toy Hoax got hit with two big attacks when Bill was there but otherwise it was just a matter of dealing with those pesky snipers.

Returning stateside, Cook served for a time at McGuire AFB before leaving the Air Force as a sergeant in February 1970. Two years later he returned to active duty, serving at Rickenbacker AFB in Ohio before working six months of temporary duty at Guam where "living conditions were worse than in Vietnam."

On Dec. 31, 1988, Cook retired from the Air Force and



Steve Snyder

began working as billeting chief at Fort Dix in October 1989. Aside from a short layoff a year later, Bill's been at Dix ever since.

Heart problems slowed him down somewhat in the 1990s but he and wife Diane eagerly await duty in Europe which they've never seen. Bill was sta-

tioned once at Hickham AFB in Hawaii and is curious to see if duty in Belgium can match that experience.

Team Dix will miss his congenial professionalism and congenial personality. And may the nabobs at SHAPE revel in his lodging expertise. Let them eat cake!



courtesy photo

**COOKIN' UP A STORM** -- Fort Dix's lodging manager works the grill like it's going out of style at the annual lodging employee awards and picnic held every September in conjunction with the International Housekeeper Week. Cook bought and cooked the food every year while employees reaped awards and other budgeted items, keeping esprit de corps sky high among those for whom customer service always assumed vital importance.



courtesy photo

**LEADING LODGER** -- William Cook is flanked by the Chief of Army Lodging, Debbie Martin, and Brig. Gen. Antonio M. Taguba, Commanding General for the U.S. Army Community and Family Support Center, in a ceremony honoring him for being named the Army and FORSCOM's Lodging Manager of the Year for fiscal year 2002 while serving Fort Dix.





# Announcements



## Movie Schedule at the McGuire AFB Theatre Movie Hotline 754-5139

**Friday, Nov. 10 @ 7:30 p.m.**  
**The Guardian** - Ashton Kutcher, Kevin Costner - After losing his crew in a fatal crash, legendary Rescue Swimmer Ben Randall is sent to teach at "A" School, an elite training program for Coast Guard Rescue Swimmers. Wrestling with the loss of his crew members, he throws himself into teaching. While there, he encounters a young, cocky swim champ, Jake Fischer, who is driven to be the best. During training, Randall helps mold Jake's character, combining his raw talent with the heart and dedication required of a Rescue Swimmer. Upon graduation, Jake follows Randall to Alaska where they face the inherent dangers of the Bering Sea. In his initial solo rescue, Jake learns firsthand from Randall the true meaning of heroism and sacrifice. **MPAA Rating: PG-13, Run Time: 135 minutes.**

**Saturday, Nov. 11 @ 7:30 p.m.**  
**Open Season** - Paul Westerberg, Gary Sinise - Boog, a grizzly bear with no survival skills, has his perfect world turned upside-down when he meets Elliot, a scrawny, fast-talking wild mule deer. When Elliot convinces Boog to desert his idyllic existence living in a garage decked out with all the comforts of home, and try the "wild" life, things quickly spiral out of control. With open season upon them, and the hunters arriving in force, Elliot must help Boog get in touch with his inner grizzly to unite the woodland creatures and take the forest back. **MPAA Rating: PG, Run Time: 100 minutes.**

### Future Features...

**The Marine**  
Friday, November 17 @ 7:30 p.m.  
PG-13, 91 min.

**Everyone's Hero**  
Saturday, November 11 @ 7:30 p.m.  
G, 88 min.

## Main Chapel

562-5791/562-2020

### Sunday services

Protestant at 9 a.m.  
Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.  
Catholic CCD is held at 9:15 a.m.  
Protestant-Gospel Sunday School at 10:15 a.m.

### Religious Services

**Islamic Prayer Services**  
held at noon, Monday through Thursday - Room 24

**Adult Bible Study**  
Wednesdays at 7 p.m.

**Catholic Adult Bible Study** - Sundays at 11:30 a.m.

**Christian Women of the Chapel**  
hold a Bible Study - Tuesdays, 9:30 a.m. to noon

### Jewish Services

Shabbat held every first and third Friday evening at 6 p.m. followed by KIDDUSH Fellowship

## Chapel 5 (Bldg. 5950) 562-4847

Memorial Prayer Service for Our Soldiers  
5:45 p.m. each Sunday.  
Computer Room: Mon. - Fri.  
9 a.m. - noon / 2-4 p.m. and 5-8 p.m.  
Infant Baptism and Lutheran Confirmation  
Instruction by appointment

## Organizations

**Chapel to conduct Torah classes**  
On Nov. 30 Chap. Kronenberg will conduct a class on the weekly Torah portion from 2:00 to 3:00 p.m. Refreshments will be served. On Friday, Nov. 24 at 6:00 p.m. a Thanksgiving Shabbos service will be held at the Chapel followed by an Oneg Shabbos. For more information call the Fort Dix Chapel at 562-4806.

### Retiree Council seeks issues

The Fort Dix Retiree Council consists of retired service members and serves to provide the installation commander with insight into vital issues and concerns facing the retired Army community. The council meets quarterly to address any issues submitted to or by its members. Issues may be submitted in writing throughout the year to to Faye Marshall-Dease, Retirement Services Officer, ATTN:INME-DIX-HRM, 5418 South Scott Plaza, Fort Dix, NJ 08640-5089.

### Black History committee

The Fort Dix Black History Observance Committee needs volunteers. If you are interested in serving on the Black History Observance Committee, please call Fay Marshall-Dease at 562-2666.

### Civil Air Patrol membership

Civil Air Patrol is a vital organization that prepares our youth morally, physically and mentally as leaders of tomorrow. By providing leadership training, technical education, powered and non-powered flight orientation, scholarships and career education for young people (12-18 yrs). We are looking for adult and cadet members who want to make a difference in their personal lives while contributing to a strong America. Call Maj. Michael Sperry at 609-239-4616 or email at msperry1@comcast.net.

### Thrift Shop offers gifts for holidays

Visit the Fort Dix Thrift Shop for all your clothing, household and gift giving needs. They have a great line of new tile coasters, magnets, greeting cards, and jewelry that are perfect for those last minute gifts or to begin your Christmas shopping. Consignments and donations are graciously accepted. Our regular business hours are: Tuesday and Thursday 10:00 a.m. to 2:00 p.m. the first Wednesday of the month from 4:00 p.m. to 8:00 p.m., and the first and third Saturday of each month from 10:00 a.m. to 2:00 p.m. For more information call 723-2683.

### County WIC Program available

Women, Infants and Children (WIC) is a federally funded supplemental nutrition program for pregnant and breastfeeding women, infants and children under the age of 5. Eligibility for the program is based on an income and nutritional or medical risk. WIC can provide infants with iron-fortified infant formula, cereal and juice. Children and women receive milk, cheese, eggs, cereal, juice, peanut butter or beans. Women who breastfeed and do not use any infant formula may also receive carrots and tuna. The Burlington County WIC Program has clinic sites throughout the county. Evening appointments are available. To learn more about the program call WIC at 267-4303

### 305 MDG Pharmacy information

Patients using the 305 MDG Ambulatory Healthcare Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.

Current prescriptions may be refilled 24 hours-a-day, seven days a week, by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

## Youth Center

Bldg. 1279 Locust Street  
562-5061

**Hours of Operation:**  
Tuesday - Friday 2 to 7 p.m.  
Saturday 1 to 7 p.m.  
Sunday & Monday CLOSED

**Administrative Hours:**  
Tuesday - Friday noon to 6 p.m.

### November Schedule

**Nov. 9**  
Self-Directed Activities

**Nov. 10**  
Closed  
Veteran's Day

**Nov. 11**  
Boss Aerobics  
4:00 - 5:30 p.m.

**Nov. 18**  
Keystone Thanksgiving Potluck  
4:00 - 6:00 p.m.

**Nov. 23-26**  
Closed  
Thanksgiving Holiday

### Mondays - Fridays

**Power Hour**  
2 - 4:30 p.m.

**Computer Lab**  
4:30 - 6:30 p.m.  
(except Oct. 19, 5 - 6:30 p.m.)

**Tuesdays**  
SMART Moves  
3:45 - 4:45 p.m.

**Wednesdays**  
Sports and Fitness  
3:55 - 4:45 p.m.

**Thursdays**  
Tech Club  
3:45 - 4:45 p.m.

**Fridays**  
Arts and Crafts  
3:45 - 4:45 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

### Family Advocacy

562-5200

### Chaplain

562-5721/2020

### American Red Cross

562-2258

### Army Emergency Relief

562-2767

## 24-hour Hotlines

Sexual Assault.....562-3849  
Victim Advocacy.....694-8724  
Child/Spousal Abuse.....562-6001  
Emergencies.....911

Or, visit the Fort Dix Department of Defense Police Department in Bldg. 6049 on 8th Street.

# MOBILIZATION NEW YOU CAN USE

WDIX  
Commander's  
Channel 2

WDIX  
Commander's  
Channel 2

### Post Shuttle Bus

562-5888  
Monday to Sunday - 7 a.m. to 10 p.m.  
During the day *Star Tour* buses are used.  
In evening the military Bluebird buses are used.

### Dix Shoppette/Class Six/ Gas Station

Bldg. 5359, Texas Ave.  
Monday to Friday - 6 a.m. to 10 p.m.  
Weekends - 7 a.m. to 10 p.m.

### BX/PX & Mall

723-6100  
Monday to Thursday - 10 a.m. to 8 p.m.  
Friday and Saturday - 8:30 a.m. to 8 p.m.  
Sunday - 10 a.m. to 6 p.m.

### Commissary

754-4154  
Monday to Friday - 7 a.m. (early bird) to 8 p.m.  
Saturday - 9 a.m. to 8 p.m.  
Sunday - 10 a.m. to 7 p.m.

### Military Clothing/Sales

### Store-Alterations

723-2307  
Bldg. 5601, Texas Ave.  
Monday to Saturday 10 a.m. to 5:30 p.m.  
Sunday - Closed.

### Club Dix

723-3272  
Dix Cafe  
Tuesday to Friday 11 a.m. to 1 p.m.  
*Revolutions Lounge*  
Opens 4:30 p.m. Tuesday to Sunday  
*Karaoke every Thursday at 8 p.m.*

### Recreation Center

562-4956  
Bldg. 5905 on Doughboy Loop.  
Monday through Friday - 1 to 10 p.m.  
Saturday and Sunday - noon to 11 p.m.  
AT&T Cyber Zone offers computer access for a fee

### Dining Facilities

**Bldgs. 5640 and 5986**  
Breakfast Mon - Sun 5:30 to 7:30 a.m.  
Lunch Mon - Sun 11:30 a.m. to 1:15 p.m.  
Dinner Mon - Sun 4:30 to 6:30 p.m.  
**Bldg. 5517**  
Breakfast Mon - Sun 6:30 to 8:00 a.m.  
Lunch Mon - Sun 11:30 a.m. to 1:00 p.m.  
Dinner Mon - Sun 4:30 to 6:00 p.m.

### Outdoor Recreation

562-6667  
Bldg. 6045 Doughboy Loop  
Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.  
Monday to Friday 10 a.m. - 5 p.m.  
Saturday 4 p.m.

### Sip and Surf Computer Lab @Club Dix

723-3272  
Monday - Tuesday - 7 a.m. to 2:00 p.m.  
Wednesday - Friday - 7 a.m. to 10 p.m.  
Saturday - 7 a.m. to noon / 5 p.m. to 10 p.m.  
Sunday - noon - 10 p.m.

### McGuire Gas Station

723-4705  
East Arnold Avenue by the 24-hour gate  
Monday to Friday - 6:30 a.m. to 7 p.m.  
Saturday - 9 a.m. to 7 p.m.  
Sunday - 9 a.m. to 6 p.m.

### Firestone

723-0464  
Bldg. 4201 on Texas Ave.  
Monday through Friday - 7 a.m. to 7 p.m.  
Saturday - 7 a.m. to 5 p.m.

### McGuire Shoppette

723-4705  
East Arnold Avenue by the 24-hour gate  
Monday to Thursday - 6:30 a.m. to 9 p.m.  
Friday - 6:30 a.m. to 7 p.m.  
Saturday - 9 a.m. to 10 p.m.  
Sunday - 9 a.m. to 7 p.m.

### Burger King

723-8937  
Bldg. 5399, Texas Ave.  
Monday to Saturday 6 a.m. to 8 p.m.  
Sunday 7 a.m. to 8 p.m.

### Spouses' Club Thrift Shop

723-2683  
Tuesday and Thursdays - 10 a.m. to 2 p.m.  
First Wednesday of each month - 4 to 8 p.m.  
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

### Fort Dix Post Office

723-1541  
6038 West 9th St.  
Monday to Friday - 8:30 a.m. to 4:30 p.m.  
Saturday - 9:00 a.m. to noon





## Chin head, shoulders above rest

Sgt. Maj. Roger Chin, Mobilization Readiness Battalion, addresses the audience at his promotion ceremony Nov. 2. Chin had previously been selected for the promotion more than two years ago, but chose to forego the promotion to continue to serve the Soldiers of the MRB. According to Lt. Col. Cynthia Palinski, MRB commander, Chin's loyalty, dedication and professionalism have finally paid off. Palinski said Chin has been performing at the level as a sergeant major already for the past two years.

Wayne Cook

## Retiree Council gives voice to those who have served

### Fort Dix Retiree Council

Fort Dix honored the retired community with a day of activities Sept. 16 at the Annual Retiree Appreciation Day.

At that time, the Fort Dix Council was introduced to the Team Dix community. The Fort Dix Retiree Council is governed IAW AR 600-8-7, by the installation commander. It consists of retired officers, warrant officers and non-commissioned officers.

The main function of the council is to provide the installation commander with an insight into the vital issues and concerns of the retired community. The council serves as the eyes, ears and voice of the retired community.

The council chairman is retired Col. George A. Waters Jr. The vice-chairman is retired Master Sgt. James L. Jones Jr.

The council provides support to the local and

national legislators who endorse and support legislations that effect military benefits. The council coordinates with other military organizations such as the VFW, American Legion, AUSA, MOAA, TREAA, and many other military service organizations that support those who have served, as well as those currently serving the nation.

The council meets quarterly in order to address issues submitted to or by the council members. Council meetings are held Saturdays at 9:30 a.m. in the Command Conference Room, Bldg 5435. The 2007 meeting dates are March 3, May 5, Aug. 4 and Nov. 3. If you have issues or concerns that you would like to have addressed at a council meeting, submit it to the Retirement Services Officer, Ms. Fay Marshall-Dease, ATTN: INME-DIX-HRM-RSO, 5418 Delaware and South Scott, FortDix, NJ, 08640. You may also e-mail your issue to fay.marshall-dease@dix.army.mil.

**The main function of the council is to provide the installation commander with an insight into the vital issues and concerns of the retired community.**



photos by Sgt. 1st Class David Moore, JFHQ PAO

Eric Spevak, left, and the Jewish War Veterans present Lt. Col. Cynthia Palinski, Mobilization Readiness Battalion commander, right, with a \$15,000 check that will be used for wounded Soldiers who are cared for here at Fort Dix. The funds were provided at the Fifth Annual Veterans Dinner Dance in Cherry Hill. Spevak is a Fort Dix Honorary Commander and staunch military supporter.

## Soldiers see green



Maj. Gen. Glenn K. Rieth, the adjutant general for the New Jersey Army National Guard, left, receives a \$15,000 donation from Spevak for the state's Family Readiness Foundation, which provides assistance to family members of military personnel who are deployed overseas for the Global War on Terrorism.

## Mailing deadlines approaching

Find the best time to send gifts to friends and loved ones serving overseas. Beat the last-minute rush and take your mail to your U. S. Post Office by these suggested dates:

Military Mail Addressed to:	Express Mail® Military Service (EMMS) <sup>1/</sup>	First-Class Mail® Letters/Cards	Priority Mail®	Parcel Airlift Mail (PAL) <sup>2/</sup>	Space Available Mail (SAM) <sup>3/</sup>	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AE ZIP 093	N/A	Dec 4	Dec 4	Dec 2	Nov 27	Nov 13
APO/FPO AE ZIPs 094-098	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AA ZIPs 340	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AP ZIPs 962-966	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13

1/ EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO of address.

2/ PAL: PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

3/ SAM: Parcels paid at Parcel Post postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

International Mail Addressed to:	Global Express Guaranteed® (GXG) <sup>4/</sup>	Global Express Mail® (GEM) <sup>5/</sup>	Global Priority Mail® (GPM) <sup>6/</sup>	Global Airmail Letters and Cards	Global Airmail Parcel Post®	Global Economy® (Surface)
Africa	Dec 19	Dec 11	Dec 6	Dec 4	Dec 4	Oct 16
Asia / Pacific Rim	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Oct 30
Australia / New Zealand	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Oct 30
Canada	Dec 20	Dec 16	Dec 13	Dec 11	Dec 11	Nov 27
Caribbean	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Nov 6
Central & South America	Dec 19	Dec 11	Dec 4	Dec 4	Dec 4	Oct 30
Mexico	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Nov 20
Europe	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Nov 6
Middle East	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Oct 23

4/ GXG: Global Express Guaranteed is available to over 190 countries via a partnership with Federal Express. See retail associate at participating locations for a complete list of countries and money-back guarantee details. Some restrictions apply.

5/ GEM: Global Express Mail is available to over 190 countries with delivery in 3-5 business days. See a retail associate at participating locations for a complete list of countries. Some restrictions apply.

6/ GPM: Global Priority Mail is an accelerated airmail service available for items up to 4 pounds to 51 countries. The service is available in two attractive-sized envelopes. Customers can also use their own packaging by adding the Global Priority Mail sticker. See a retail associate at participating locations for a complete list of countries. Some restrictions apply.





## ARTS & CRAFTS

Bldg. 6039  
Philadelphia Street  
**562-5691**

Registration & sales store hours:

**Tuesday-Thursday**  
noon-5 p.m. & 6-8:45 p.m.  
**Friday**  
11 a.m. - 4:45 p.m.  
**Saturday**  
9 a.m. - 4:45 p.m.

**HOLIDAY CLOSURES**  
Nov. 11, 23-25

**SPECIAL HOURS**  
Nov. 22, 9 a.m. - 2 p.m.

## PROGRAMS

**Adult Craft Classes**  
Tuesdays, 6 - 8:30 p.m.  
Nov. 14 .....Christmas Cards  
Nov. 16 .....3 Christmas Gifts  
Nov. 21 .....Cake Decorating  
\$5 fee plus materials

**Krafty Birthdays**  
Arts & Crafts offers Krafty Birthday Parties! Parties include up to 2 hours of party room use, one craft project with instruction and all materials, plus a digitally mastered photo T-shirt for the birthday

child! Call or stop by today for details! When making party reservations, please make sure to stop by in order to choose the craft and make payment.

**6-Week Introductory Pottery Class**  
Wednesdays, 6:30 - 9 p.m.  
Starting Nov. 1  
\$55 fee plus materials

**Quilts For Kids**  
Nov. 4, 11 a.m. - 3 p.m.  
Volunteers needed to make quilts for kids in long term healthcare, hospice and safe houses. No experience needed. All you need to bring is your desire to help others while you learn to sew and machine quilt. All levels of experience welcome. There is no fee to join.

**Kids Craft Classes**  
Saturdays, 2:30 - 4 p.m.  
Nov. 18 .....Puzzle  
\$5 fee plus materials  
Pre-registration required

**Military Family Week**  
Nov. 14-18  
Come enjoy a week of fun ceramics, pottery and other wonderful projects we have to offer and receive 20% off your total purchases.

**Framing Qualification Classes**  
Nov. 15: 6 - 8:30 p.m.  
Get qualified to use this great facility and equipment! You'll

complete one piece (cost of which is not covered by registration fee) about 8 x 10" which you must supply as you learn to operate the equipment. All materials are available for purchase at the frame shop. \$10 registration fee pre-registration required

**Pottery Studio**  
The Pottery Studio offers classes covering both hand building and wheel throwing techniques. Once you've completed the initial class come in anytime during studio hours to use the facility.

**Contemporary Ceramic Studio**  
Tues. to Thur., noon to 5 p.m. & 6 - 9 p.m.  
Friday, 11 a.m. - 5 p.m.  
Saturday, 9 a.m. - 5 p.m.

The Contemporary Ceramic Studio offers a large selection of bisque pieces to choose from to decorate and paint. All finished pieces are food, microwave, oven, freezer, and dishwasher safe. We have lots of idea books, traceable designs, tools, and an experienced staff to help you create a finished piece you will love. Just come in, pick out your piece, and we will help you with the rest. There is no time limit on completing your project, so you can relax and enjoy our friendly, creative atmosphere for as long as you like!

## Honoring the Colors

**Reveille**  
6 a.m. (0600 hours)

**Military personnel in uniform**

Stand at attention, face the flag and salute at first note.

**Military personnel not in uniform, civilians**

Stand at attention, face the flag and place right hand over heart at first note.

**Military personnel in formation or in a group**

Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.

**Individual military personnel, civilians in a vehicle**

Stop vehicle and exit. Follow steps above.

**Group of military personnel in a vehicle**

Stop vehicle. Individual in charge exits and follows steps above.

**Retreat**  
5 p.m. (1700 hours)

Stand at attention, face the flag for Retreat, then salute at first note of To the Colors.

Stand at attention, face the flag for Retreat, then place right hand over heart at first note of To the Colors.

Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of To the Colors, then "Order, Arms" at conclusion.

Stop vehicle and exit. Follow steps above.

Stop vehicle. Individual in charge exits and follows steps above.



# Peewees, Midgets grab homecoming wins



Ed Mingin

**HEAD TO HEAD** -- Jason Call was nearly unstoppable when the Fort Dix Chargers met Hamilton West. Call capped off a 60-yard run by taking on a Hamilton West defender, above.

**Ed Mingin**  
Public Affairs Staff

The Fort Dix Chargers celebrated homecoming this past Sunday, grabbing victories in two of three games in the final game of the regular season.

For the Peewees, it seemed to be business as usual, as the team has been on a roll lately. They jumped out to an early lead, scoring on their first possession, then went on to a 27-0 victory over Hamilton East.

The Peewees looked like a well-oiled machine when they hit the field, but just prior to game time, there were some issues for the team.

"I was very concerned prior to our game Sunday because both of our back up quarter backs got injured at practice last week and couldn't play," explained head coach Steve Uzleber. "I had to come up with a plan encase some thing happened to any of our starting backs. I came up with an Emergency Offense where Felipe Hernandez would play QB if Troy Savage got hurt or he would come in and Savage would go to running back if one of the backs got hurt. We had 15 minutes before the game to set it up."

The coach didn't need to put his backup plan into place, as all

the Chargers remained healthy.

Troy Savage had a stand-out game, grabbing two interceptions, and calling the offensive plays.

After scores by Brandon Hawkins and Anthony Shoffner, Uzleber turned over the offense to his young quarterback.

"He called a play for John Cotton who ran for 40 yards for another score. Before we knew it, it was 21-0 still in the first quarter. I decided to let some of the other players touch the ball so I took all the starters out," explained the coach.

"This didn't go well for the starters. They wanted to play so I put them in for one more play in the third quarter. We ran a roll out pass play. Troy threw a beautiful pass to Hernandez for a 45-yard touch down."

Defensively, the Chargers were in full control of Hamilton. Micah Cotton and Nathan Jones in particular played well according to Uzleber.

"Micah normally only plays offense and is the smallest player on the team. Jones is one of the nicest kids I have ever meet, but he played like Warren Sapp," said Uzleber.

The Peewees finished the regular season with a record of 7-2, and now turn their attention to the playoffs. They will square off against the New Egypt Warriors this weekend in the first

playoff game.

"New Egypt and Fort Dix know each other well," said Uzleber. "We will have to play out best to defeat them."

The Midgets also grabbed a victory this past weekend, beating Hamilton West 18-6. The Midgets finished the season with a 4-4 record, and will enter the playoffs this weekend against Ranocas Valley.

The Mitey Mites welcomed back Tarel Grant this weekend, who participated despite have surgery three weeks ago.

"We were glad to see Tarel Grant back," said coach Sean Hogg, who was filling in for head coach Andy Middleton this week.

"Sean Hogg has had his usual amazing game on both sides of the ball. Derrick Hudson was a beast on defense! Overall the Mitey Mites played their hearts out. They left everything on the field," said Hogg.

The Mitey Mites nearly scored several times, but were shutout 14-0.

"I'm very proud of every one of these players," said head coach Andy Middleton, who was away this week. "They have learned a lot and played hard all season, and they've come together as a team, supporting one another. I'm looking forward to next season! Great job out there, Mitey Mites!"

## Sports Shorts

### Griffith Field House

**Saturday & Sunday**

9 a.m. to 5 p.m.

**Monday - Friday**

6 a.m. to 9 p.m.

**Doughboy Gym**

Newport Ave.

**Monday - Friday**

5 to 9 p.m.

**Closed weekends**

### Youth Sports Basketball

Fort Dix Child & Youth Services will be offering basketball for youths up to 15 years of age. No players on high school teams accepted.

Registration is from Oct. 16 - Dec. 1.

All children must be registered with Fort Dix Child & Youth Services to participate.

A registration fee of \$18 per child or \$40 for three or more children will be charged for anyone not already registered for CYS, in addition to the specified activity/sports fees.

Parents must show proof of sports physical for the current year.

Mandatory basketball certification for coaches is scheduled for Dec. 3, 10 a.m. - 2 p.m.

Fort Dix Youth Sports programs focus on skill development and fun through positive mentoring and sportsmanship. Come experience and participate in the Fort Dix Youth Basketball Program.

For more information, call the Youth Sports Office at 562-5519.

### Intramural Basketball

The Griffith Field House will be holding their annual Intramural Basketball League. The first coaches meeting will be Nov. 7.

For more information about participating, call Chris O'Donnell at 562-4888.

### Outdoor Rec.

For more information about Outdoor Rec activities, call them at 562-2727.

You can also visit their website at [www.dixmwr.com](http://www.dixmwr.com).

### Nov. 11 Rock Climbing

Fees: \$35 adult \$25 child

### Nov. 17 Jersey Devil Hunt

Fees: \$20 adult \$15 child

### Dec. 2 Ice Skating

Fees: \$20 adult \$15 child

### Dec. 9 Lost River Caverns

Fees: \$30 adult \$25 child

### Aquatics

Winter hours are now in place for the indoor pool.

### Lap Swim

Mon. - Fri.

Retirees/adult dependents/working DOD

6 a.m. - 8 a.m.

10 a.m. - 11:30 a.m.

Active duty/working DOD

11:30 a.m. - 1 p.m.

Sat.

Retirees/adult dependents/working DOD

10:30 a.m. - noon

### Rec. Swim

Mon. - Fri.

1 p.m. - 5 p.m.

Sat.

Noon - 6 p.m.

Fees for Rec. Swim: Military-

\$2 Non-military-\$4

### Hydro Aerobics

Mon. and Wed.

7:30 p.m. - 8:30 p.m.

Sat.

10:30 a.m.

Cost: \$3 per visit.